



A956
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

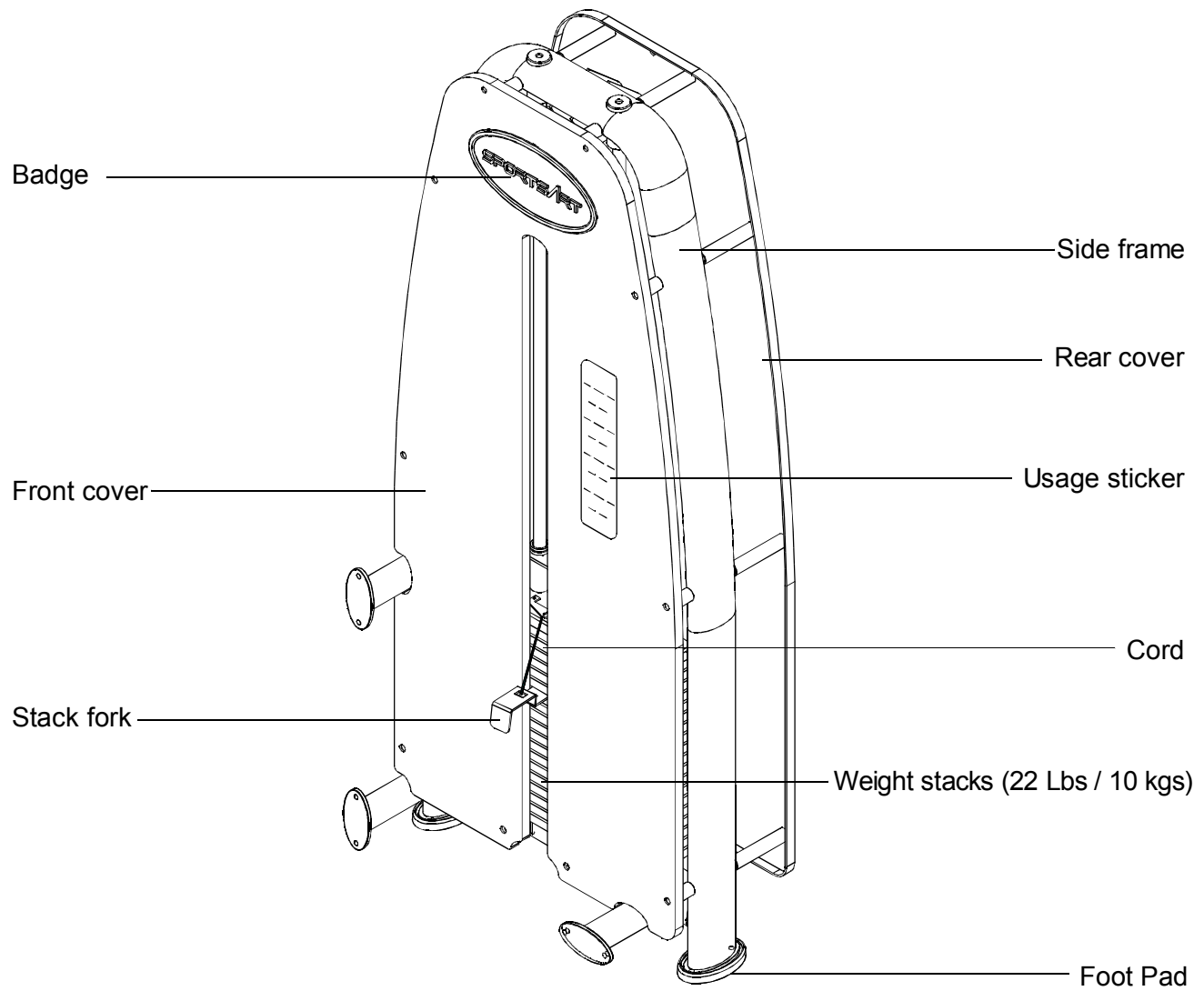
HORIZONTAL LEG PRESS

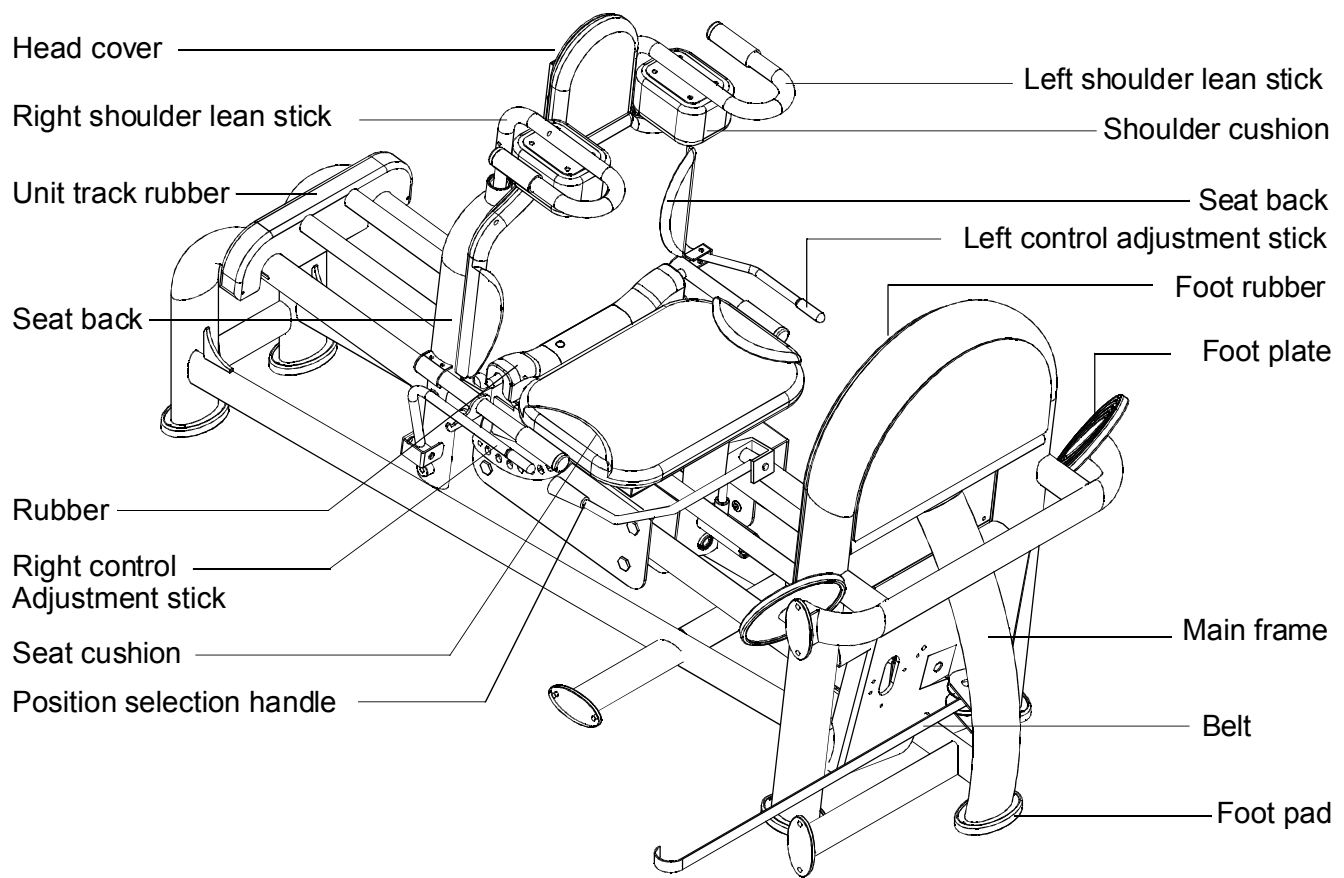
SportsArtFITNESS

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction





C. List of Parts

1. One double-end open wrench, 17mm x 23mm
2. One double-end open wrench, 8mm x 17mm
3. One hex key wrench, M6
4. One hex key wrench, M5
5. User's manual
6. Storage tray kit includes one storage tray, one bracket, two screws, four washers and two nuts.

D. Belt Adjustment:

1. If the belt is too tight or too loose, please loosen up nut A as figure shows and adjust nut B. If the belt length is too long, please adjust it downward; if it is too short, adjust upwards. Adjust the belt to the proper position then tighten up nut A.
2. The gap between nut A and B must be within 35mm(1.4"). If the gap exceeds 35mm, please loosen up the screws on and adjust the belt to the proper length. Tighten up the screws and follow the 1st step again.(See Fig.1)

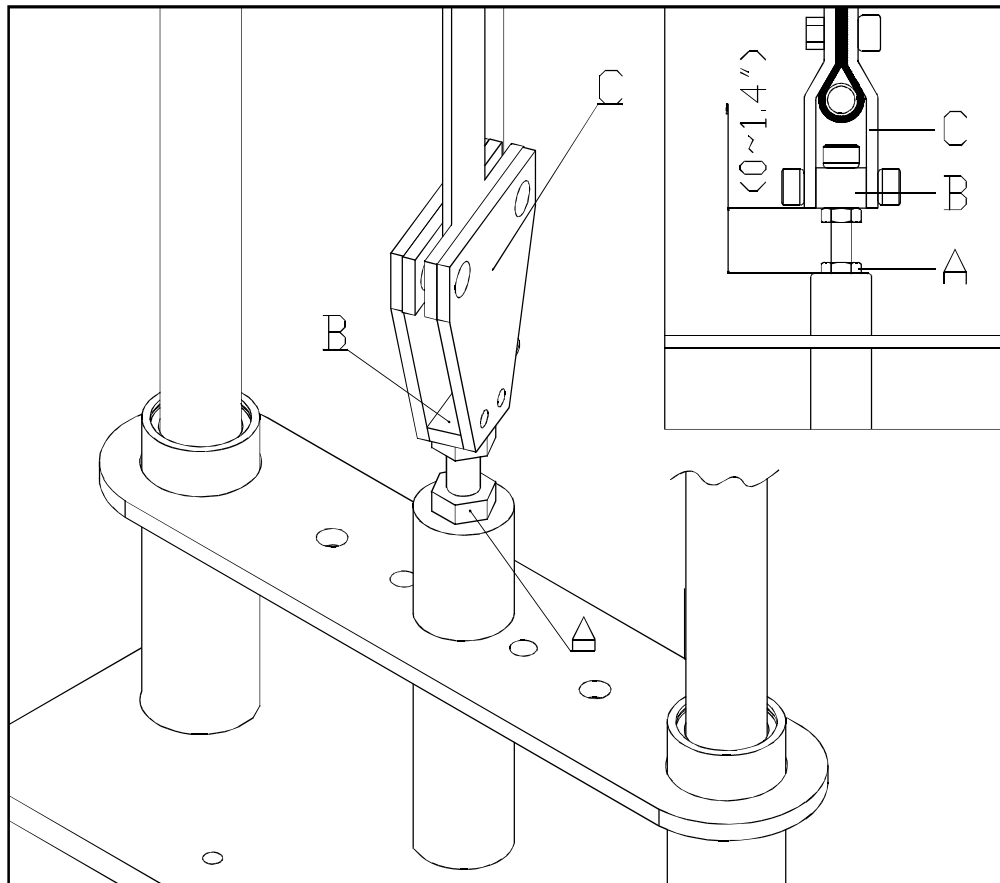


Fig.1

E. Procedures of Shoulder Lean Sticks Adjustment

Downwards: Please hold the right and left shoulder lean sticks downwards.

Upwards: Please hold the left control adjustment stick to make right and left shoulder lean sticks upwards. (See fig.2)

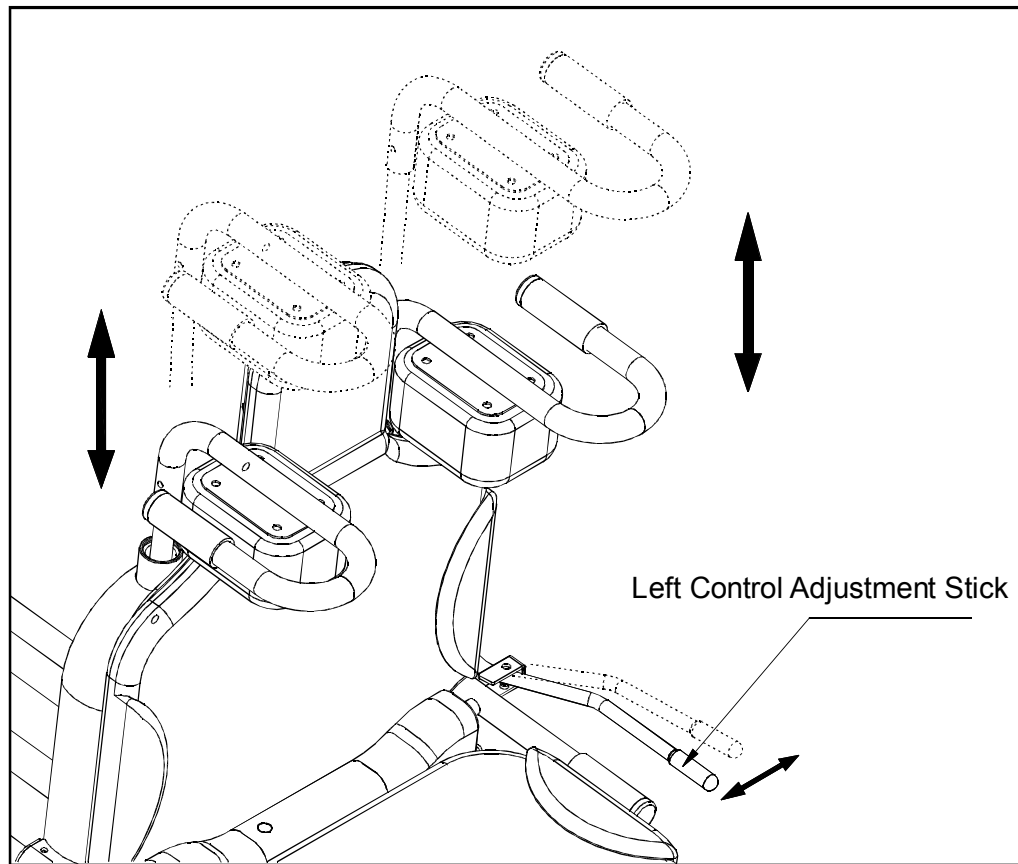


Fig.2

F. Procedure of Seat Adjustment

Please hold the position selection handle to adjust the seat forwards or backwards to the proper position. (See fig.3)

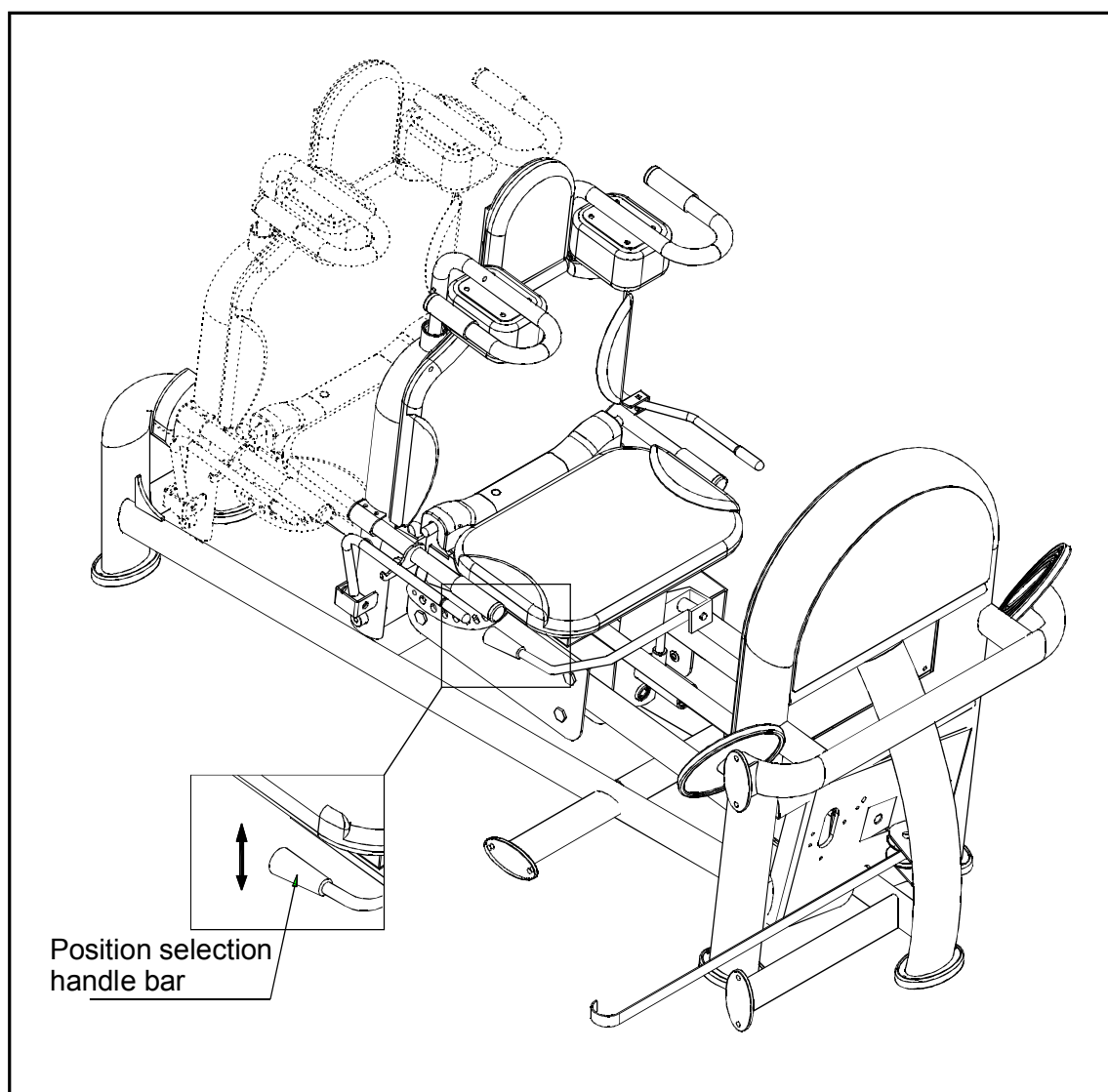


Fig.3

G. Procedure of Seat Back Adjustment

Please hold the right control adjustment stick to adjust the seat back to the proper position. (See fig.4-1~4-2)

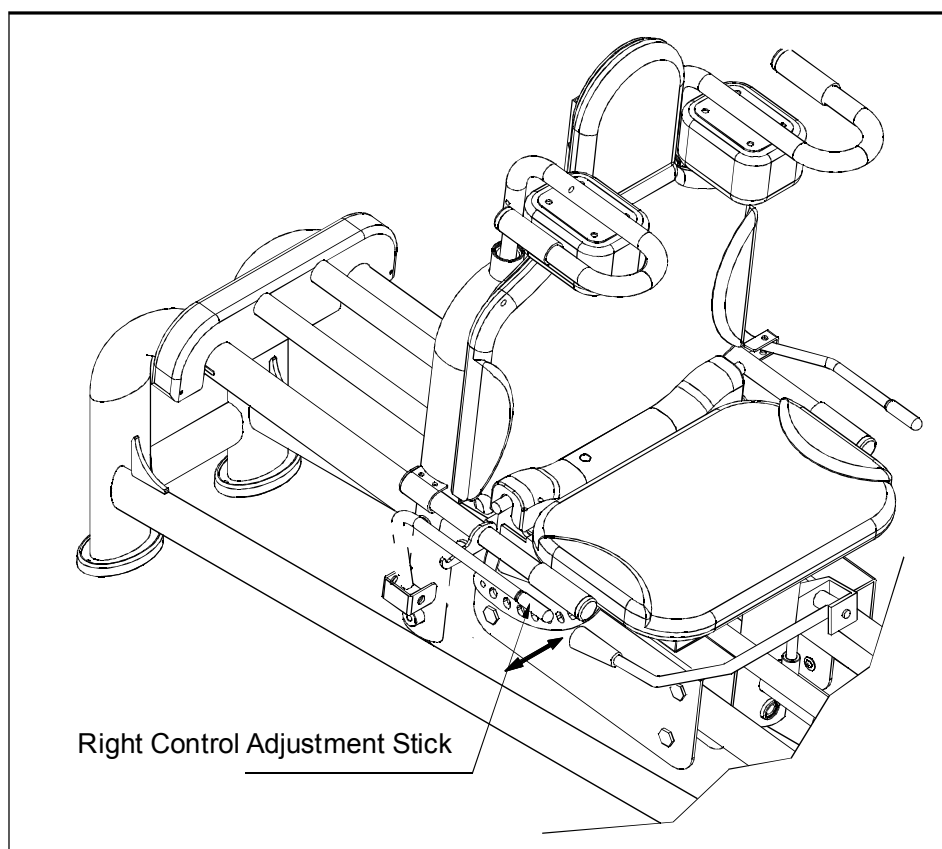


Fig.4-1

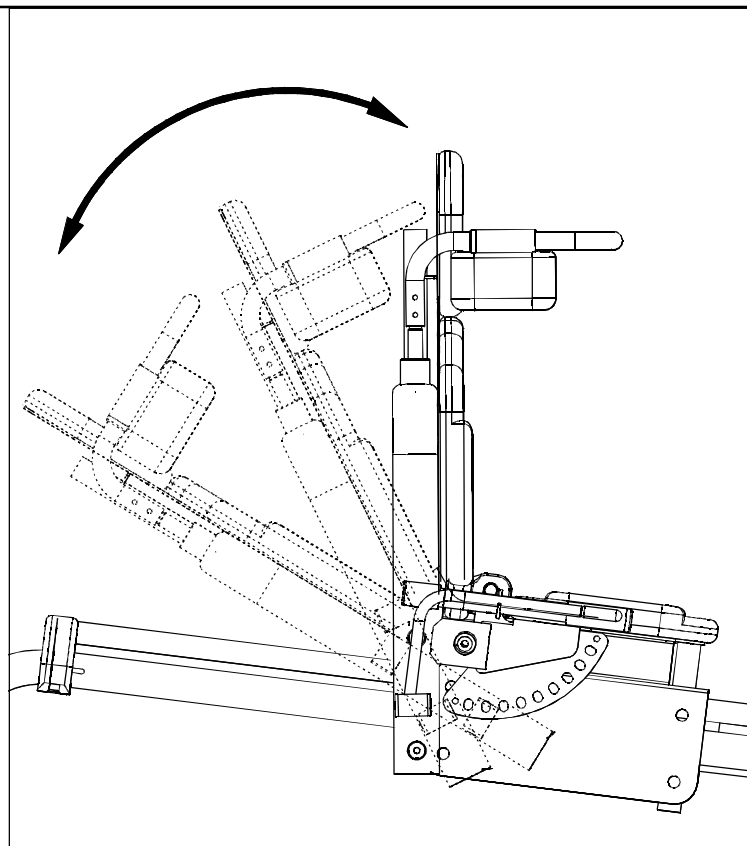


Fig.4-2

H. STORAGE TRAY ASSEMBLY:

1. Place the storage tray (A) and bracket (B) onto the tubing as figure shown.
2. Insert the screws and washers into the holes and tighten with nuts plus washers.
(See Fig. 5)

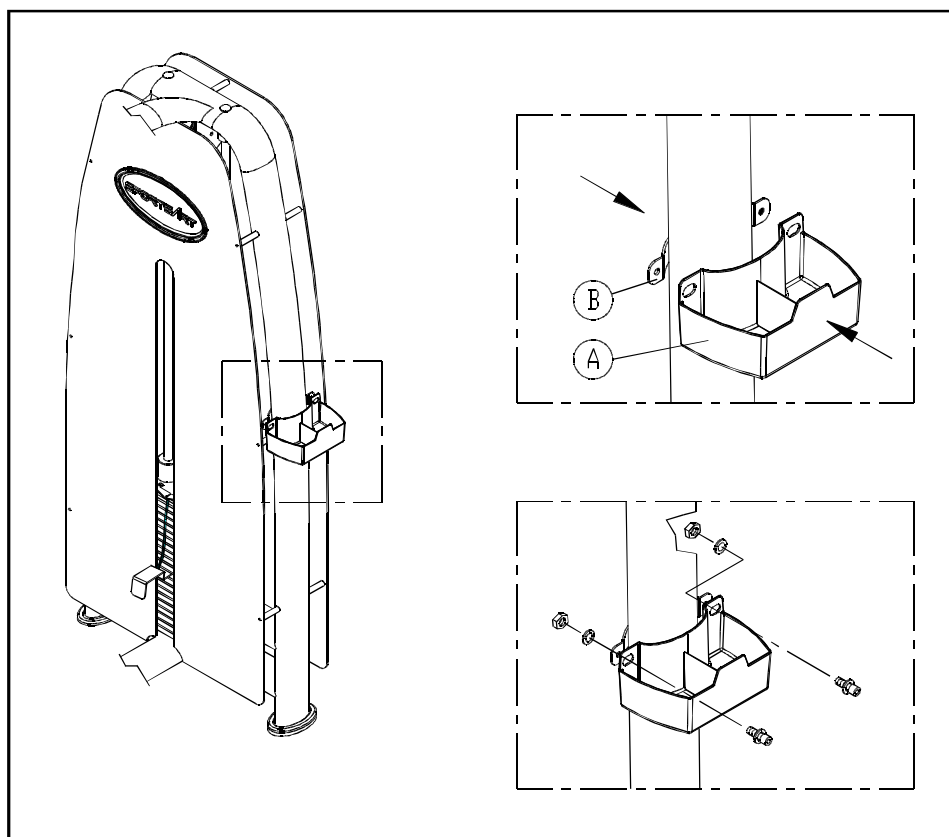
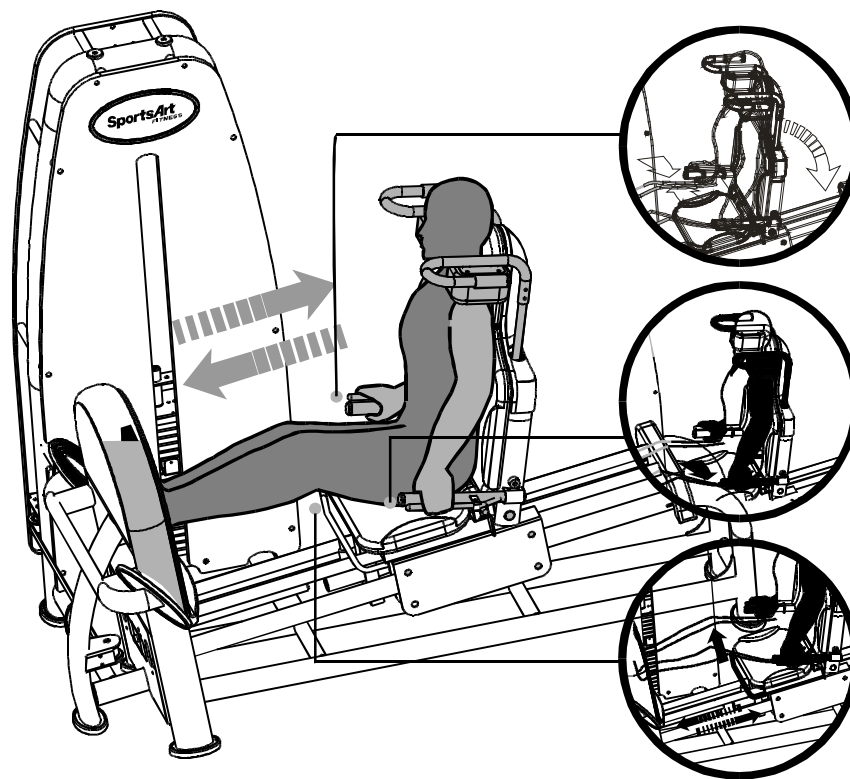
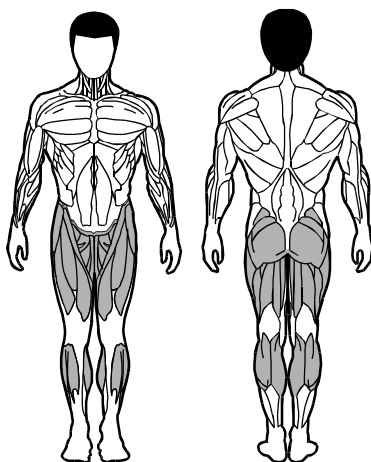


Fig.5

Usage Instruction:



HORIZONTAL LEG PRESS



www.sportsartfitness.com

- ① Select a resistance level that enables you to perform the movement correctly.
- ② Adjust back support so that the exercise can be done in a seated position. In the starting position, the knees are bent at a 90° angle.
- ③ Position your feet shoulder-width apart and parallel.
- ④ Push the seat backward until the legs are just short of full extension.
- ⑤ Make sure that knees are not turned inward or outward.
- ⑥ Perform the exercise in a controlled manner. Exhale when pushing against resistance.

CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.